

Ontonagon Memorial Hospital
PHYSICAL THERAPY & FITNESS CENTER
(906) 884-6054 Fax (906) 884-6040
400 River Street, Ontonagon, Mi. 49953



State of Michigan employees, upon showing their I.D. cards will receive a 10 % discount on memberships. (This includes your family!)

Call for information on types of memberships, rates and class schedules.

OMH fitness center offers a full line of exercise equipment and free weights. Also, a variety of cardiovascular machines and exercise classes such as Pilates, Step Aerobics, Low Impact Aerobics, and Yoga are available. And there are ACE certified trainers at the facility at all times! OMH Fitness Center is able to “plan and coordinate” work-outs for all clients.

HOURS OF OPERATION:

Monday – Friday 6:00 AM-9:00PM

Saturday 10:00AM-6:00PM

Sunday 12:00AM-6:00PM